

The Reign of Lane

KING NATHAN RETURNS TO THE PRODUCERS

Relax, Refresh, Find Bliss

TREATS FOR MIND, BODY, SPIRIT

Affairs of the Heart

PRIME PLACES TO HOST A PARTY



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IN NEW YORK MAG. BY MICHAEL O'NEILL

telephone. Initial visit: \$60/session. It's "rocks" rather than herbal elixirs that are used by the owner of the **Susan Ciminelli Day Spa** (Bergdorf Goodman, 754 Fifth Ave., 9th fl., 872-2650) to help heal body and soul. Ciminelli's "Crystal Healing" treatment involves placing a combination of green tourmaline, rose quartz, and other healing crystals over key chakra (energy) points of the head and body. Each crystal has a unique energy that, when combined, work in tandem for optimum effects. The point is to release bad vibes and restore inner harmony. The cosmic experience can be nothing short of miraculous. "It's orgasmic!" says Ciminelli. Session: \$200/1 hr. At the **Spa.28 Day Spa &**

JUST CHILL

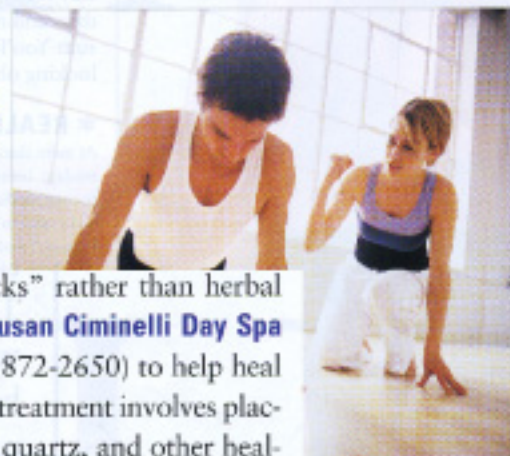
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involves the entire organ system, as it's all related. An herbalist for the past 24 years, Lindseth begins with pulse readings to assess

which organ has the lowest energy, then uses specific herbal formulations to target the area. Her client base spans the nation, since after the first personal appointment, follow-ups can be handled over the telephone. Initial visit: \$60/session. It's "rocks" rather than herbal elixirs that are used by the owner of the **Susan Ciminelli Day Spa** (Bergdorf Goodman, 754 Fifth Ave., 9th fl., 872-2650) to help heal body and soul. Ciminelli's "Crystal Healing" treatment involves placing a combination of green tourmaline, rose quartz, and other healing crystals over key chakra (energy) points of the head and body. Each crystal has a unique energy that, when combined, work in tandem for optimum effects. The point is to release bad vibes and restore inner harmony. The cosmic experience can be nothing short of miraculous. "It's orgasmic!" says Ciminelli. Session: \$200/1 hr. At the **Spa.28 Day Spa & Bodywork Salon** (80 Madison Ave., 679-8181) women who suffer from stress, fatigue, or headaches may derive some benefit from the CranioSacral Therapy. Don a comfy robe and relax as your back, while your

very slowly onto the center of the forehead (your "third eye"). The procedure quiets the mind and soothes the senses. Next, a soothing massage of the scalp, hair, hands, and feet. Heaven. \$110/1 hr.

* RENEW & REV UP

Choose to experience an Aromatherapy Massage and feel your cares melt away. At **Allure Day Spa & Hair Designs** (139 E. 55th St., 664-5500), pick your potion: lavender (to calm), eucalyptus (to aid in respiration), citrus (to revitalize), or rosemary (to relieve anxiety) and get ready for the massage therapist to bathe your very psyche and gently knead tired muscles into submission. The essential oil is absorbed into the skin to work toward ultimate healing. [Editor's tip: For those who have never had a professional massage, you might want to ease into the idea with a *Chair Massage* first.] **Silver Star Spa** (6 W. 48th St., 921-8858) offers a session that concentrates on neck, shoulders, back, arms, and hands. \$20/10 min. Unlike the soothing of



extracts used in aromatherapy, the oils that the body produces tend to clog pores and trap toxins in the skin, causing complexion problems. Enter **Nina's European Spa** (5 W. 35th St., 594-9610), with a restorative Algomask Treatment. After whisking away dead skin cells, the aesthetician places a gauzy material on the face and layers the Algomask (a gel-like substance) over it. While the skin absorbs the mask, the neck, shoulders, and back receive a relaxing lotion massage. Hands are also manipulated and cocooned in warm mitts. Hot stones are then strategically placed over the body for additional relaxation. Ideal for any

type of skin, the Algomask rids the complexion of toxins, reduces redness and the appearance of acne by restoring vital minerals. You're left with butter-soft skin and a healthy glow. Hair, too, suffers from stress and environmental pollution. Couple that with over-processed hair, extreme temperatures, illness, or stress, and you're left with tress in dire straits. **J.F. Lazartigue Hair Spa and Treatment Center** (764 Madison Ave., 288-2250) is the rescue. This renowned salon, with treatment rooms, is dedicated to hair health, pure and simple. Their exclusive line of products addresses every imaginable condition and works to nurture the scalp and strengthen the hair shaft. A visit for a treatment includes hair analysis: a hair strand is plucked at the root, magnified up to 100 times to determine the hair's condition and diagnose the cause of any underlying problems. From that picture, the therapist decides which combination of products will be massaged into your scalp and crowned on your hair. (Continued p. 24)

with head slightly propped up. A stream of warm herbal oil is dripped

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